

Health Extended is a valuable, skills-based health education course designed for general education in grades 9 through 12. Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety.

Through use of accessible information and project-based learning, students apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating. Students who complete Health build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to state standards.

*This course was originally created for Apex Courses.*

Length: One Semester

**Unit 1: Mental and Emotional Health**

**Unit 2: Fitness and Nutrition**

**Unit 3: Drugs**

**Unit 4: Disease**

**Unit 5: Injuries**

**Unit 6: Sexual Health**

**Unit 7: Semester Review and Exam**